



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

## Detailed evaluation

**Wachowiak, Jörg**

Club: TSG Siegen  
Number: 487

Course: 42.18 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:34:54

Speed: 11.73 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 12 (of 272)

Rank in course/Men: 12 (of 245)

Best time in course: 3:07:01

Rank in category: 1(of 51)

Best time in the category: 3:34:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	3.47	16:09	4:39	4	1:37	21	2:23	3.47	16:09	4:39	40	-	15	-
Runde	3.47	16:34	4:46	3	1:32	17	1:53	6.94	32:43	4:42	40	-	15	-
Runde	3.47	16:48	4:50	3	1:19	14	1:51	10.41	49:31	4:45	40	-	15	-
Runde	3.47	17:17	4:58	4	1:19	18	1:40	13.88	1:06:48	4:48	40	-	14	-
Runde	3.47	17:27	5:01	3	0:45	16	1:52	17.35	1:24:15	4:51	40	-	13	-
Runde	3.47	17:26	5:01	2	0:17	11	1:58	20.82	1:41:41	4:53	40	-	13	-
Runde	3.47	17:59	5:10	1	-	12	2:26	24.29	1:59:40	4:55	40	-	13	-
Runde	3.47	18:26	5:18	1	-	10	2:18	27.76	2:18:06	4:58	40	-	13	-
Runde	3.47	19:11	5:31	1	-	12	3:09	31.23	2:37:17	5:02	40	-	12	18:27
Runde	3.47	19:26	5:36	1	-	13	3:20	34.70	2:56:43	5:05	39	-	12	21:47
Runde	3.47	19:26	5:36	1	-	10	3:34	38.17	3:16:09	5:08	39	-	12	25:21
Runde	3.97	18:45	4:43	2	0:46	16	18:28	42.18	3:34:54	5:05	1	-	13	2:05:41